

# **Carbon County Recreation Big Water River Rescue Workshop**

Based in Green River, Utah

**Lead instructor: Bo Christensen**

**You will need a pfd, helmet, knife, and whistle, plus appropriate clothing. We will provide rafts and community gear.**

Breakfast and lunch on Saturday and Sunday are provided. You may camp or stay at a motel in Green River, UT.

Topics covered and intended outcomes

- ✚ Decision making, on and off the river
- ✚ Understanding of group compatibility
- ✚ Rescue techniques
- ✚ Safe river travel
- ✚ Having what you need to work with
- ✚ Using what you have to work with
- ✚ Self rescue
- ✚ Boating attitude and mentality
- ✚ Environmental awareness
- ✚ Knots, ropes, and knives
- ✚ Communication on and off the river
- ✚ TL
- ✚ signals
- ✚ chain of command
- ✚ Proper introduction for new people on the river
- ✚ Ability to make a decision and stick to it — make the right decision
- ✚ Know what you are capable of and what your group is capable of; more importantly, know your limitations
- ✚ You must be confident in what you attempt, or don't attempt it at all
- ✚ Self rescue — don't rely on someone else
- ✚ Don't create a second victim
- ✚ Know where you are, what type of environment, weather at the river, physical condition of yourself and others in the group
- ✚ Communicate before you launch
- ✚ Hand signals

🚦 Whistle signals

### **Scenarios**

Capsized rafts/self rescue

Feeling comfortable in the river

Getting back in a raft

Getting on top of an overturned raft

Rescuing other swimmers

Throw bags, swimming rapids

When was the last time you used a throw bag?

Pinned raft — Knots, rope work, z-drag